



National Nutrient Database for Standard Reference  
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Statistics Report 01103, Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D

Report Date: July 05, 2017 04:09 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water <sup>1</sup>	g	82.17	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
Energy	kcal	76	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Energy	kJ	320	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Protein <sup>1</sup>	g	2.99	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
Total lipid (fat) <sup>1</sup>	g	1.90	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
Ash <sup>1</sup>	g	0.81	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
Carbohydrate, by difference	g	12.13	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
Fiber, total dietary <sup>1</sup>	g	0.7	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Sugars, total	g	9.55	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Sucrose <sup>1</sup>	g	4.79	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glucose (dextrose) <sup>1</sup>	g	0.53	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
Fructose <sup>1</sup>	g	0.41	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
Lactose <sup>1</sup>	g	3.83	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
Maltose <sup>1</sup>	g	0.00	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
Starch <sup>1</sup>	g	1.60	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
<b>Minerals</b>													
Calcium, Ca <sup>1</sup>	mg	109	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Iron, Fe	mg	0.24	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2006
Magnesium, Mg <sup>1</sup>	mg	14	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
Phosphorus, P	mg	102	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2005
Potassium, K	mg	169	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2005

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sodium, Na <sup>1</sup>	mg	66	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
Zinc, Zn <sup>1</sup>	mg	0.39	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
Copper, Cu <sup>1</sup>	mg	0.075	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
Manganese, Mn <sup>1</sup>	mg	0.062	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
Selenium, Se <sup>1</sup>	µg	3.4	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
Fluoride, F <sup>2 3</sup>	µg	5.2	11	0.750	4.5	6	1.0	-4.279	14.779	2	Analytical or derived from analytical	--	03/2006
<b>Vitamins</b>													
Vitamin C, total ascorbic acid <sup>1</sup>	mg	0.0	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
Thiamin <sup>1</sup>	mg	0.045	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
Riboflavin	mg	0.183	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2005
Niacin <sup>1</sup>	mg	0.164	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid <sup>1</sup>	mg	0.539	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
Vitamin B-6 <sup>1</sup>	mg	0.024	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
Folate, total <sup>1</sup>	μg	2	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	μg	2	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Folate, DFE	μg	2	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Choline, total <sup>1</sup>	mg	17.1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Betaine <sup>1</sup>	mg	0.7	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Vitamin B-12 <sup>1</sup>	μg	0.33	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	μg	64	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Retinol <a href="#">1</a>	µg	63	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Carotene, beta <a href="#">1</a>	µg	11	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
Carotene, alpha <a href="#">1</a>	µg	0	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
Cryptoxanthin, beta <a href="#">1</a>	µg	0	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
Vitamin A, IU	IU	227	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Lycopene <a href="#">1</a>	µg	0	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin E (alpha-tocopherol) <a href="#">1</a>	mg	0.04	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta <a href="#">1</a>	mg	0.00	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
Tocopherol, gamma <a href="#">1</a>	mg	0.02	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocopherol, delta <sup>1</sup>	mg	0.00	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
Vitamin D (D2 + D3)	µg	1.2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Vitamin D3 (cholecalciferol)	µg	1.2	--	--	--	--	--	--	--	--	Calculated or imputed	01079	02/2009
Vitamin D	IU	49	--	--	--	--	--	--	--	--	Calculated or imputed	01079	02/2009
Vitamin K (phylloquinone) <sup>1</sup>	µg	0.2	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
<b>Lipids</b>													
Fatty acids, total saturated	g	1.177	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
4:0	g	0.056	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2005
6:0	g	0.033	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2005
8:0 <sup>1</sup>	g	0.020	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	03/2005
10:0 <sup>1</sup>	g	0.045	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	03/2005
12:0 <sup>1</sup>	g	0.045	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	03/2005

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:0 <a href="#">1</a>	g	0.170	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	03/2005
15:0 <a href="#">1</a>	g	0.015	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	03/2005
16:0 <a href="#">1</a>	g	0.515	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	03/2005
17:0 <a href="#">1</a>	g	0.009	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	03/2005
18:0 <a href="#">1</a>	g	0.270	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	03/2005
20:0 <a href="#">1</a>	g	0.000	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	03/2005
22:0 <a href="#">1</a>	g	0.000	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	03/2005
24:0 <a href="#">1</a>	g	0.000	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	03/2005
Fatty acids, total monounsaturated	g	0.455	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
14:1 <a href="#">1</a>	g	0.005	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	03/2005

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
15:1 <sup>1</sup>	g	0.000	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	03/2005
16:1 undifferentiated <sup>1</sup>	g	0.020	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	03/2005
17:1 <sup>1</sup>	g	0.000	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	03/2005
18:1 undifferentiated <sup>1</sup>	g	0.430	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	03/2005
20:1 <sup>1</sup>	g	0.000	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	03/2005
22:1 undifferentiated <sup>1</sup>	g	0.000	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	03/2005
Fatty acids, total polyunsaturated	g	0.089	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
18:2 undifferentiated <sup>1</sup>	g	0.080	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	03/2005
18:3 undifferentiated <sup>1</sup>	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2005
18:3 n-3 c,c,c (ALA) <sup>1</sup>	g	0.000	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	03/2005

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:4 <sup>1</sup>	g	0.009	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	03/2005
20:2 n-6 c,c <sup>1</sup>	g	0.000	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	03/2005
20:3 undifferentiated <sup>1</sup>	g	0.000	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	03/2005
20:4 undifferentiated <sup>1</sup>	g	0.000	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	03/2005
20:5 n-3 (EPA) <sup>1</sup>	g	0.000	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	03/2005
22:5 n-3 (DPA) <sup>1</sup>	g	0.000	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	03/2005
22:6 n-3 (DHA) <sup>1</sup>	g	0.000	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	03/2005
Cholesterol <sup>1</sup>	mg	8	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
Stigmasterol <sup>1</sup>	mg	0	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
Campesterol <sup>1</sup>	mg	0	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Beta-sitosterol <a href="#">1</a>	mg	0	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2005
<b>Amino Acids</b>													
Tryptophan <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a>	g	0.038	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Threonine <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a>	g	0.128	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Isoleucine <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a>	g	0.155	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Leucine <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a>	g	0.283	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Lysine <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a>	g	0.250	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Methionine <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a>	g	0.078	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Cystine <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a>	g	0.018	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Phenylalanine <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a>	g	0.155	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Tyrosine <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a>	g	0.151	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Valine <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a>	g	0.196	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Arginine <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a>	g	0.085	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Histidine <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a>	g	0.090	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Alanine <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a>	g	0.101	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Aspartic acid <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a>	g	0.256	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Glutamic acid <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a>	g	0.673	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Glycine <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a>	g	0.059	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Proline <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a>	g	0.295	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Serine <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a>	g	0.180	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2005

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Caffeine <sup>1</sup>	mg	1	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Theobromine <sup>1</sup>	mg	22	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
<b>Flavonoids</b>													
Flavan-3-ols													
(-)Epigallocatechin <sup>8</sup>	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
(-)Epicatechin <sup>8</sup>	mg	0.3	--	--	0.06	0.47	--	--	--	--	--	--	--
(-)Epicatechin 3-gallate <sup>8</sup>	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
(-)Epigallocatechin 3-gallate <sup>8</sup>	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
(+)-Gallocatechin <sup>8</sup>	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Flavones													
Apigenin <sup>9</sup>	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Luteolin <sup>9</sup>	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Flavonols													
Kaempferol <sup>9</sup>	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Myricetin <sup>9</sup>	mg	0.1	--	--	0.05	0.05	--	--	--	--	--	--	--
Quercetin <sup>9</sup>	mg	0.1	--	--	0.12	0.12	--	--	--	--	--	--	--

#### Sources of Data

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 61, 2002 Beltsville MD

<sup>2</sup>Robert Ophaug Fluoride, Unpublished - Ophaug, Microdiffusion

<sup>3</sup>A. Kingman Unpublished data. NIDR/NIH, 1984, 1984 Unpublished data. NIDR/NIH, 1984.

<sup>4</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11a, 2007 Beltsville MD

<sup>5</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11b, 2007 Beltsville MD

<sup>6</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11c, 2007 Beltsville MD

<sup>7</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11d, 2007 Beltsville MD

<sup>8</sup>Arts, I. C. W., van de Putte, B., and Hollman, P. C. H. Catechin content of foods commonly consumed in the Netherlands. 2. Tea, wine, fruit juices, and chocolate milk., 2000 J. Agric. Food Chem. 48 pp.1752-1757

<sup>9</sup>Hertog, M. G. L., Hollman, P. C. H., and van de Putte, B. Content of potentially anticarcinogenic flavonoids of tea infusions, wines, and fruit juices., 1993 J. Agric. Food Chem. 41 pp.1242-1246